





# Keep the Balloon Up



Tedology



# The Science Behind Keep the Balloon Up

This simple game is more than just fun. It's a powerful way to build relationships and experience emotions safely during play.

Working together to keep the balloon up, encourages us to work towards a shared goal, which strengthens connection, cooperation, and enjoyment in a non-competitive way.

As you play, your brain releases dopamine, the feel-good chemical, when you all succeed in keeping the balloon up. The suspense of near-misses creates a safe level of tolerable anxiety, activating the nervous system. This often leads to laughter or a big exhale, which can be used to discuss the natural way the body regulates extra excitement and or stress, as well as allowing us to experience a range of emotions as safe.

When the game becomes a bit too fast, intense, or unfocused, adding a simple instruction (like “use one little finger” or “slow motion taps”) gently encourages the child to slow down and re-engage their thinking brain. This small increase in structure and challenge supports regulation and helps the child return to shared, connected play with you.

This is a playful way to boost cooperation, and a understanding of emotions with just a balloon!



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